

**Version with Markings to Show Changes Made**

**In the Claims:**

Please amend the claims as follows:

1. (Twice Amended) A home trainer designed to accommodate a bicycle, the home trainer comprising:
  - a frame;
  - a brakable drive roll incorporated [in a] into the frame, which drive roll [can be mounted] is mountable in a friction coupling with a driven wheel of the bicycle;[,]
  - a sub-frame provided on the frame that is rotatable about a first pivoting point, the drive roll being mounted in the sub-frame;[,]
  - a handle provided on the frame and rotatable about a second pivoting point, which handle is adjustable between an operational position [wherein] in which the handle pushes the sub-frame towards the wheel such that the drive roll and the wheel maintain the friction coupling, and a neutral position [wherein] in which the handle releases the sub-frame such that the drive roll and the wheel do not engage; and
  - an adjustable tuning knob proximate the handle for determining the position of the sub-frame in the operational position.